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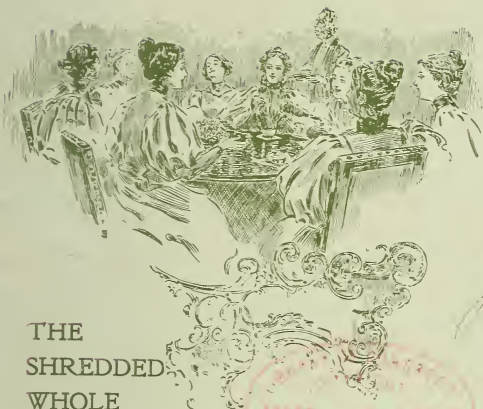
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SERVING
SHREDDED WHEAT

Sarah Young Brown

TX 809
S5B7



THE
SHREDDED
WHOLE
WHEAT BISCUIT

TO nourish ourselves properly, we must bear in mind that during the process of living we use up and cast away matter that must be replaced by equal substances. We must find these supplies among such foods as contain in them elements which constitute the human system. To make the structure and keep it in good repair, man needs a perfect food, and this he finds given him by nature in the whole wheat

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grain. Shredded Whole Wheat Biscuits may truly be called the "staff of life," as they contain all the elements of the whole wheat grain, and are fully capable of sustaining life. It must be remembered that the ordinary white bread is not a perfect food, but simply a starchy diluent for an over nitrogenous diet, and is no doubt responsible for much of the intestinal indigestion and constipation which is so prevalent in our country. A thorough acquaintance with those facts cannot be too highly estimated, especially by mothers. Muscle, brawn and brain cannot be created or repaired by white bread made from flour robbed of its phosphates.

The entire process of manufacture of Shredded Whole Wheat Biscuit being mechanical, kneading, handling or touching the properties contained in its manufacture by human hands is out of the question. The transformation from the whole wheat grain is sufficiently rapid to exclude infection by the meal worm, or any of its progeny, so prevalent in flour and meals, or cereals put up in packages.

Shredded Whole Wheat Biscuit is tender, palatable and exceedingly nutritious, with no foreign ingredient, except salt to season.

Shredded Whole Wheat Biscuits may be toasted in the oven and served with

DIRECTIONS FOR m i l k a s a
SERVING b r e a k f a s t

food; or, moistened with milk or water, toasted in a hot oven five minutes, and served with fruit juices or apple sauce. Milk may be used if desired.

The biscuits may be split, moistened slightly with cold water, then toasted in hot oven and used as one would use ordinary toast as a foundation for poached eggs or dropped eggs, birds, broiled or panned oysters, or the various made dishes.

They may be rolled and used as a substitute for bread for stuffing

FOR p o u l t r y , m e a t a n d f i s h .
STUFFING They may be rolled and

used in place of bread or cracker crumbs in scalloped oysters, tomatoes, etc.

They give a much more beautiful appearance than cracker or bread crumbs to fried articles.



FOR BREAKFAST

As a breakfast cereal—put the biscuits on a plate and pour slowly over each three tablespoonfuls of milk, place them on a buttered dish and then in a hot oven for five minutes. Lift carefully and serve with cream or fruit juice. Of course they, like all other cereals, are most healthful without sugar. A small quantity, however, may be used by those who have accustomed themselves to its use.

Pour over each biscuit four table-
spoonfuls of boiling water, place them
BUTTERED on a buttered dish, and
TOAST then in the oven for
five minutes, draw the dish to the
door of the oven and place on each a
bit of butter. Run them back into
the oven for two minutes. Transfer
to a hot dish and serve at once.

Beat without separating three eggs,
add one quart milk and four Shredded
A BREAKFAST Wheat Biscuits,
PANCAKE rubbed fine. Mix
well and then beat in one cup (one-
half pint) of flour. Bake on a griddle,
using but a tablespoonful for each
cake. Spread to usual size. These
can be eaten by persons with weak
digestions as the biscuits are well baked
before being used. In ordinary flannel
cakes the flour cannot be cooked on
the griddle sufficiently long to make
them easy of digestion. Then too,
these contain neither baking powder
nor yeast, another advantage.

Pick into shreds half a pound of
dried beef. Put one tablespoonful of

butter into a frying pan, when hot put
in the beef, stir and cook for a mo-
ment, then dust over
A BREAKFAST DISH one tablespoonful of
flour. Mix and add one cup (one-half
pint) of milk. When boiling add dash
of pepper. Put two biscuits into the
oven until crisp. Split and place on a
heated dish. Pour over the hot beef
and serve at once.

Rub two Shredded Wheat Biscuits
rather fine, mix with a double amount
of picked or shredded cod
COD FISH BALLS fish, add a dash of pepper
and two well beaten eggs, then pour
over gradually sufficient hot milk to
just moisten (one-quarter cup). Form
into balls, dip in egg and then in
rolled shredded biscuits, and fry in
smoking hot fat. Who tries these will
never again use potatoes for cod fish
balls.

Split two biscuits into halves, place
in a baking dish. Pour over sufficient
milk to soften, about
YE PERFECT DISH four tablespoonsfuls to
each, and over each a teaspoonful of
melted butter. Peel and cut into

slices four solid tomatoes. Place them on the biscuits and bake fifteen minutes in a quick oven. When done dust with salt and pepper and put on each a bit of butter. Transfer carefully with a cake turner to a heated dish. Serve at once. For a lunch dish, pour over half a pint of cream sauce.



Use seven parts boiling water to one part shredded cereal coffee. Put

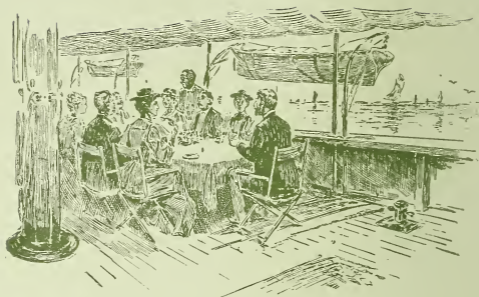
DIRECTIONS FOR MAKING CEREAL COFFEE coffee in cheese-cloth bag in coffee pot, tied loosely.

Turn the boiling water on the coffee and boil five minutes. Remove the bag, bring the clear liquid to a boil, serve with cream and sugar while hot.

To one package of gelatin add one pint cold water. Let stand until

SHREDDED CEREAL COFFEE GELATIN thoroughly softened. Then

add one quart shredded cereal coffee, boiling hot, one cup sugar, whites of two eggs beaten to a froth. Let come to a boil, take from fire and let stand one minute. Skim and strain through flannel bag and set away in cool place. Serve cold, with or without cream.



FOR LUNCH

Split three Shredded Wheat Biscuits into halves and place them in a CREAM CHICKEN baking pan. Pour HASH over each four tablespoonfuls of milk, and place in a moderate oven five minutes. Have ready the hash as follows: Put one tablespoonful of butter into a saucepan with one of flour. Mix and add a cup (one-half pint) of milk, stir until boiling, add one pint of cold cooked chicken, chopped fine, a teaspoonful of salt and a quarter of teaspoonful of pepper. Transfer the biscuits to a heated dish

and cover with the hash. A poached egg on top of each makes a very pretty garnish. Sprinkle over chopped parsley and serve.

Split three Shredded Wheat Biscuits into halves and put them in a moderate STRAWBERRY oven for five min- SHORTCAKE utes. Stem and sugar one box of berries, slightly mash at least one half of them. Remove the biscuits, cover the lower half with the mashed berries, then place on the uppers, and cover them with whole berries, and stand them at the oven door for a moment. Dust with powdered sugar and serve plain or with cream. Delicious.

Put three Shredded Wheat Biscuits into the oven to heat. Then split care- WELSH fully into halves and place, RAREBIT split side up, on a heated dish. Put one pound of grated soft American cheese into a saucepan, add a teaspoonful of Worcestershire sauce, a half teaspoonful of salt, a dash of paprika. Beat the yolks of two eggs with one gill (one-half cup) milk, pour it over the cheese. Stir all rapidly over the

fire until melted. Pour at once over the hot biscuits and serve.

Split two Shredded Wheat biscuits into halves. Butter lightly and cover
TOASTED thickly with grated Ameri-
CHEESE can cheese. Dust lightly with salt and paprica, and run into a hot oven for five minutes. Serve at once.

Split two Shredded Wheat Biscuits into halves and place them in a
MELTED CHEESE baking pan. Pour
ON TOAST over the biscuits just as much milk as they will absorb without being sodden, then cover with two tablespoonfuls of grated American cheese, and bake in a quick oven five minutes. Transfer with a cake turner to a heated dish and serve at once.

To prepare the figs: Wash one pound of pulled figs, cover them with
A PERFECT cold water, add two
SWEET bay leaves and soak
WITH FIGS over night. Next morning bring slowly to boiling point and keep them there for ten minutes. Lift each fig

carefully and put it in a bowl. Boil the liquid down to a syrup and pour over the figs.

Put the Shredded Wheat Biscuits into a moderate oven for five minutes, **THE** or until hot and crisp. Split **SWEET** them and put between them two figs that have also been cut into halves lengthwise; making a sandwich as it were. Serve with whipped cream heaped over and around. Plain cream may also be used.

Hard boil five eggs. Chop the whites very fine, and press the yolks through a **BEAUREGARD** sieve. Put one table-
EGGS spoonful of butter and one of flour in a saucepan, when melted add one cup (one-half pint) of milk. Stir until boiling, add the whites, a teaspoonful of salt, a salt spoon of pepper, and stand over boiling water while you heat in the oven three biscuits split into halves. Dish them and cover with the white sauce. Heap over the yolks. Stand in a warm oven for three minutes and serve. Good and sightly.

Rub fine six Shredded Wheat Biscuits. Pour over them one and one
BREAD half cups of milk, soak
CROQUETTES half an hour, then cook
slowly for a few moments over the fire,
add the yolks of four eggs and one cup
of chopped candied fruit, cherries and
pineapple. Mix and turn out to cool.
When cold, form into cylinders, dip
in egg, roll in shredded biscuit crumbs
and fry in hot fat. Serve with car-
amel sauce.



Every one is invited to visit the
permanent exhibit of this Company,
841 Broadway, New York, and per-
sonally witness the process of manu-
facture.



FOR DINNER

Cut solid tomatoes into halves and remove the seeds. Rub fine one
STUFFED Shredded Wheat Biscuit to
TOMATOES each two tomatoes. Pour over it a tablespoonful of melted butter, add one of chopped parsley, a teaspoonful of salt, a quarter teaspoonful of pepper and six tablespoonfuls of hot stock. Fill this into the places from which the seeds have been taken, heaping it up in a mound in center of the tomato, and bake fifteen minutes in a moderate oven.

Cut the tops four inches long from a bundle of asparagus. Tie in small **ASPARAGUS** bundles, drop in salted **IN AMBUSH** boiling water and boil for half an hour. Split three Shredded Wheat Biscuits, pour over each half two tablespoonfuls of milk and heat them in the oven. Place them on a heated dish. Drain the asparagus, lay it in the biscuits lengthwise, heads all one way. Put one tablespoonful of butter in a saucepan. When mixed and melted add one cup (half pint) of the water in which the asparagus was boiled, stir constantly until boiling, add a quarter teaspoonful of salt, and same of pepper, and two tablespoonfuls of lemon juice, and yolks of two eggs. Pour over the asparagus and serve.

Pare and core four nice tart apples, cut them into slices. Rub fine three **BROWN** Shredded Wheat Biscuits. **BETTY** Put a layer of these crumbs in the bottom of the baking dish, then a layer of apples, then another of crumbs and so continue until the dish is full. Put half a cup of sugar or molasses in a half cup of water and

pour slowly over the mixture. Bake half an hour in a hot oven. Serve hot with hard sauce.

Cover a quarter box of gelatin with a cup of cold water to soak for ten
BISQUE minutes. Rub fine one
CREAM Shredded Wheat Biscuit. Whip one pint of cream, turn it in a pan, stand this in another of cracked ice. Sprinkle over three quarters of a cup of powdered sugar, and the Whole Wheat Biscuit, add a teaspoonful of vanilla, a half teaspoonful of bitter almonds, and a teaspoonful of caramel. Stand the gelatin over hot water until dissolved, strain it into the cream and stir at once carefully but continuously until the mixture begins to thicken. Turn into a mould and stand on the ice to harden. Chopped dates or prunes may also be added.

Add a cup (half a pound) of sugar to one pint of cream, put into a double
BISQUE boiler to scald.
FROZEN PUDDING Take from the fire and add one pint of cold cream. When perfectly cold add one teaspoonful vanilla, one of caramel and

two of cocoa. Turn into the freezer and freeze. When frozen stir in one Shredded Whole Wheat Biscuit that has been rubbed and sifted. Re-pack and stand aside for one hour. Better than brown bread ice cream.

Soak two Shredded Wheat Biscuits in one pint of milk for half an hour, then add half
QUEEN OF ALL hour, then add half
PUDDINGS a cup of sugar, a quarter of nutmeg grated, and three eggs well beaten. Stir in a half cup of either layer raisins, currants or sultanas. Pour in a baking dish and bake in a moderate oven half an hour. Serve hot with a liquid pudding sauce.

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Sarah Tyson Rose

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